

# For Strong and Healthy Lifestyles

Using neoprene or other synthetic fibers to hold weights in place over large muscle groups is a relatively new form of weight system. The significant improvement over traditional weights is that it distributes the mass of the weight over areas of the body that can easily support it. This reduces the likelihood of muscle and/or tendon strain common with ankle and wrist weights that pull the limbs.

Common integrated weight systems can apply weight to the biceps, forearms, thighs and calves and may be used with or without weighted vests. Frequently they can be hidden under regular clothing allowing the individual to enhance their daily routine with additional calorie burn.

The new (U.S. Patent #7,090,624 B1) Kinesifit performance enhancement system wraps around the core muscle groups as though the body naturally gained weight. Weight can be added or removed easily. It is designed for comfort and can be used at home, at work, or during workouts. The system is also water resistant and can be used for swimming fitness.

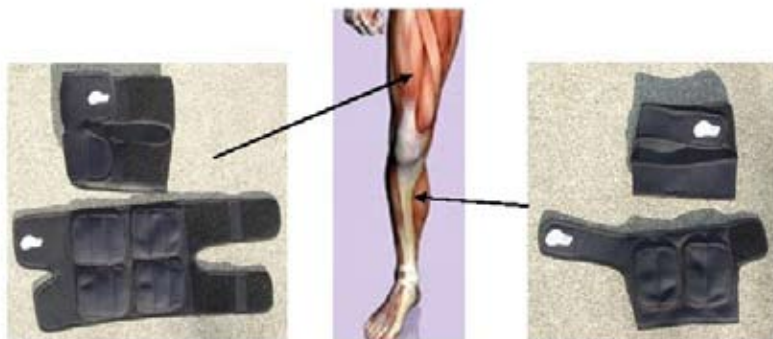
**Arm Weights-** Bicep and forearm weights are another method of adding weight close to the core beyond that of a weighted vest, or to add resistance to the shoulders with less danger to the elbows than wrist weights or the added biceps/triceps strain.

**Leg Weights-** Calf and Thigh weights are useful in adding weight to pull-ups and dips, especially when incorporating leg raises into the movements. They are also useful in slow kicking motions found in martial arts and static stretching of the legs when balancing on one leg, or suspended in the air. The calf and thigh weights also provide a major advantage in training rotational hip stabilizers, to work on turnout for martial arts (roundhouse kicks) and dance postures.



Bicep wrap

Forearm wrap



Thigh wrap

Calf wrap

Blackhawk DLC Services provides products and services to promote healthy lifestyles. We are dedicated to healthy transformations of the body, mind, and spirit to improve efficiency and promote strength, agility and well being. Our state-of-the-art fitness equipment and services are only a few of the things that make Blackhawk DLC Services so unique.

We understand that knowledgeable courteous staff is essential to your, and our, success. We offer a wide range of products and services.



The newly patented most advanced weight system by Kinesifit is designed to provide effective weight loss and high impact results. The Kinesifit calorie burning Performance Enhancement Gear™ provides maximum comfort while working the 4 major muscle groups in the body's upper and lower extremities.

Features:

### **Performance Enhancement Gear™ benefits:**

- \* Allows full range of motion
- \* Supports natural movement
- \* Decreases joint strain and related injuries
- \* Portable
- \* Targets major muscle groups
- \* Flexible
- \* Water resistant
- \* Ideal for all body shapes and sizes
- \* Includes capability to add resistance as required
- \* Wearable in common daily activities or at work
- \* Applicable in all sports and fitness activities including water sports
- \* For use under or over most clothing
- \* Ideal for rehabilitation
- \* Burns calories and improves strength while walking, running, biking, or swimming

Product info:

### **TOTAL Performance Enhancement System**

Each set consists of wraps for the right and left: forearms, biceps, thighs, and calves. The wraps are adjusted by slip and/or velcro straps and contain pockets into which small rectangular weights (each weighing 6.5 ounces) are placed. The minimum total weight for a set of arm/leg wraps (with one weight in each wrap) is 3.25 lbs. The maximum weight, if all the pockets contained weights, is 19.5 lbs.

- (2) Bicep wraps
- (2) Forearm wraps
- (2) Thigh wraps
- (2) Calf wraps
- (48) 6.5 ounce weight bars to be used as needed (approximately 20lbs of weights)



### **Individual Sets**

The individual sets include (2) wraps for right and left side plus weights. The bicep, forearm, and calf wraps can each hold 4 weights; the thigh wraps can each hold 12 weights. Each weight is 6.5 ounces.

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